

ADAPTED LEISURE ACTIVITIES

Fall 2006 Calendar

◆ Really Special Events! ◆

Super Karaoke and Lip Sync Contest and Dance!

Time: Sat, Sept 9, 7-9 p.m.
Place: Douglass Community Center
Ages: 16 and over
Fee: \$5/person

The Highlands Stage "Coffee House"

Time: Fri, Sept 22, 7-9 p.m.
Place: Douglass Community Center
Ages: 18 and over
Fee: \$2/person

Featuring Live Entertainment

Fall Fun Day Festival and Lunch *

Time: Wed, Oct 4, 10:30-1 p.m.
Place: Douglass Community Center
Ages: 16 and over
Fee: \$2/person

Haunted House

Time: Thu, Oct 26
 Not So Scary • 1:30-2:30 p.m.
 Pretty Scary • 6:30-8:30 p.m.
Place: Douglass Community Center
Ages: 18 and over
Fee: \$2/person

World's Wildest Halloween Costume Ball

Time: Sat, Oct 28, 7-9 p.m.
Place: Douglass Community Center
Ages: 16 and over
Fee: \$5/person

Grease - The Giant Movie Party!! *

Time: Sat, Nov 4, 7-9 p.m.
Place: Douglass Community Center,
 if the weather permits, outside
Ages: 16 and over
Fee: \$5/person

Come dressed as your favorite Grease character from the 1950s!

◆ Health and Wellness ◆

Sitting Volleyball

Times: Thu, 5-7 p.m., dates TBA
Place: Ohio Valley Volleyball Center
Ages: 18 and over
Fee: Free

Fit 'n' Fun

Times: Tue, Sept 5, 12, 19, 26, Oct 3, 10, 17, 31,
 Nov 7, 28, 1:30-2:30 p.m.
Place: Douglass Community Center
Ages: 18 and over
Fee: \$1

Slow Break Half-Court Wheelchair Basketball

Times: Wed, Sept 6, 13, 20, 27, 6-7 p.m.
Place: Douglass Community Center Gym
Times: Oct 4, 11, 18, 25, Nov 1, 8, 15, 29, 6-7 p.m.
Place: Kentucky School for The Blind,
 1867 Frankfort Avenue
Fee: Free

Open to all beginning and experienced players

Fitness is For Everyone

Class A: Mon & Wed, Sept 6, 11, 13, 18, 20, 25, 27,
 Oct 2, 4, 9, 11, 7-8 p.m.
Class B: Mon & Wed, Oct 16, 18, Nov 1, 6, 8, 13, 15,
 20, 27, 29, 7-8 p.m.
Place: Douglass Community Center
Ages: 18 and over
Fee: \$20/session

Wheelchair Basketball Pick-Up Games

Times: Wed, Sept 6, 13, 20, 27, Oct 4, 11, 18, 25,
 Nov 1, 8, 15, 29, 7-8:30 p.m.
Place: Douglass Community Center Gym
Ages: 18 and over
Fee: Free

*New Program!

Aqua Exercise

Times: Thu, Sept 7, 14, 21, 28, Oct 5, 12, 19,
 Nov 2, 9, 16, 30, 1-2 p.m.
Place: Mary T. Meagher Aquatic Center,
 201 Reservoir Avenue
Ages: 18 and over
Fee: \$21 per/session

Aqua Chi

Times: Thu, Sept 7, 14, 21, 28, Oct 5, 12, 19,
 Nov 2, 9, 16, 30, 7-8 p.m.
Place: Mary T. Meagher Aquatic Center
Ages: 18 and over
Fee: \$21 per/session

Walking Club

Times: Mon, Sept 11, 18, 25 Oct 2, 9, 16, 23,
 30, Nov 6, 13, 20, 27, 10 a.m.-11 a.m.
Place: Meet at Sears in the Oxmoor Mall
Ages: 18 and over
Fee: Free

NWAA Basketball Rules

Wheelchair Basketball

Times: Mon, Sept 11, 18, 25, 6-8 p.m.
Place: Douglass Community Center Gym
Times: Oct 2, 9, 16, 23, 30, Nov 6, 13, 20, 27, 6-8 p.m.
Place: Kentucky School For the Blind
Ages: 18 and over
Fee: Free

Healthy Lifestyles Club

Times: Wed, Sept 20, Oct 18,
 Nov 15, 10:30-11:30 a.m.
Place: Douglass Community Center
Ages: 18 and over
Fee: Free

Stroke Support Group With Frazier Rehab

Times: Wed, Sept 20, Oct 18, Nov 15, 2-2:30 p.m.
Place: Douglass Community Center
Fee: Free

For those who have had a stroke, their friends and families.

◆ Learning and Special Interest ◆

Coffee Talk Book Club

Times: Tue, Sept 5, 12, 19, 26,
 Oct 3, 10, 17, 24, 31
 1-2:30 p.m.
Place: Douglass Community Center
Fee: Cost of the Book

The Best Book Club Ever

Times: Mon, Sept 11, 25, Oct 2, 9, 16,
 23, 30, Nov 13, 27, 2-3 p.m.
Place: Douglass Community Center
Times: Mon, Sept 18, Oct 2, 16, 30,
 Nov 6, 20, 1:30-3 p.m.
Place: Crescent Hill Branch Library,
 2762 Frankfort Avenue
Fee: Free!

Assisted Shopping for Persons With Visual Impairments

Adults: Weds, Sept 13, Oct 11, Nov 8
Seniors: Fri, Sept 1, Oct 6, Nov 3, 10 a.m.-2:30 p.m.
Place: Meet at Nancy's Bagel Grounds,
 2101 Frankfort Avenue
Ages: 18 and over
Fee: \$2/per person

Metro Dreams "U"

Continuing Education for Individuals With and Without Disabilities

Times: Tue, Oct 3, 10, 17, 7-8:30 p.m.
Place: Douglass Community Center
Ages: 18 and over
Fee: \$5/person
 Classes: "Pretty In Pink" and "GQ: Learn How To Look
 Your Very Cool Best!"

◆ Fun and Games ◆

Tuesday Night Bowling

Times: Tue, Aug 29, Sept 5, 12, 19, 6-8 p.m.
Place: Fern Bowl, 5518 Bardstown Road
Ages: 18 and over
Fee: \$16 per/session

Bingo Madness

Times: Wed, Sept 6, Oct 4, 10-11:30 a.m.
Place: Douglass Community Center
Ages: 16 and over
Fee: \$2

Bowling Fridays

Times: Fri, Sept 8, 15, 22, 29, Oct 13, 20, 27, Nov 10,
 17, 10 a.m.- Noon
Place: Fern Bowl
Ages: 18 and over
Fee: \$36/person

Uno!

Times: Sept 14, Oct 12, Nov 9, 10-11:30 a.m.
Place: Douglass Community Center
Ages: 16 and over
Fee: \$1

Aggravation

Times: Thu, Sept 21, Oct 19, 10-11:30 a.m.
Place: Douglass Community Center
Ages: 18 and over
Fee: \$1

Monday Night Movies With Jon!

Times: Mon, Sept 25, Oct 30, Nov 27, 6-8 p.m.
Place: Douglass Community Center
Ages: 16 and over
Fee: \$1/person

Morning Movie Club

Time: Tue, Oct 31, 10-11:30 a.m.
Place: Douglass Community Center
Ages: 18 and over
Fee: \$1

Call For movie title.



Yahtzee!

Time: Thu, Nov 16, 10-11:30 a.m.
Place: Douglass Community Center
Ages: 18 and over
Fee: \$1

◆ Arts and Crafts ◆

Water Colors

Times: Tue, Sept 5, 12, 19, 26, 10-11:30 a.m.
Place: Douglass Community Center
Ages: 16 and over
Fee: \$10/person

Mini Tag Album

Time: Wed, Sept 6, 1-2:30 p.m.
Place: Douglass Community Center
Ages: 16 and over
Fee: \$5/person

Introduction To Knitting

Times: Wed, Sept 6, 13, 20, 27, Oct 4, 11, 18
 7-8:30 p.m.
Place: Douglass Community Center
Ages: 16 and over
Fee: \$20/person

Placemats and Plates

Times: Tue, Oct 10, 17, 10-11:30 a.m.
Place: Douglass Community Center
Ages: 16 and over
Fee: \$8/person

Book Marks and More!

Time: Wed, Nov 1, 1-2:30 p.m.
Place: Douglass Community Center
Ages: 16 and over
Fee: \$2/person

Holiday Knitting

Times: Wed, Nov 1, 8, 15, 29, 7-8:30 p.m.
Place: Douglass Community Center
Ages: 16 and over
Fee: \$15/person

Class size is limited, so register early.

More programs on the back!



METRO
Parks



**METRO
Parks**

ADAPTED LEISURE ACTIVITIES

Fall 2006 Calendar

Jerry E. Abramson, Mayor
Louisville Metro Council



phone • 502/456-8148
e-mail • aleisure@louisvilleky.gov

Adapted Leisure Activities
2305 Douglass Boulevard #3
Louisville KY 40205

The programs and activities in this calendar are offered through the Metro Parks Adapted Leisure Activities Program. ALA offers recreational opportunities for individuals with mental and/or physical disabilities, their friends and families. Adapted Leisure also offers programs specifically designed for youths with and without disabilities.

Attention!

Payment for programs (by check or money order) is requested in advance. Registration is required for all programs. For more information or to pre-register, please call 456-8148.

Adapted Leisure Activities
2305 Douglass Boulevard #3
Louisville KY 40205

Monday-Friday
8:30 a.m.-5 p.m.

voice
502/456-8148

TDD
502/456-8183

fax
502/456-8143

e-mail
aleisure@louisvilleky.gov

Mike Heitz
Director, Metro Parks

B.J. Levis, Anthony Williams
Recreation Division

Adapted Leisure Activities

B.J. Levis
Manager of Recreation

Brent Priddy
Recreation Supervisor

**Diane Harrod, Karen Parsons,
Jon Pilbean**
Recreation Assistants

Mini Album

Time: Tue, Nov 7, 14,
10-11:30 a.m.

Place: Douglass
Community
Center

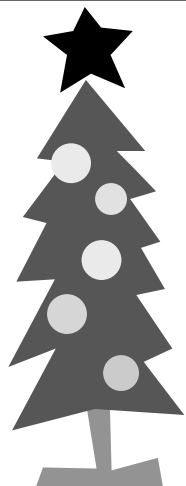
Ages: 16 and over
Fee: \$8/person

Christmas Ornaments

Times: Tue, Nov 28,
Dec 5,
10-11:30 a.m.

Place: Douglass
Community
Center

Ages: 16 and over
Fee: \$4/person



Holiday Sweatshirts

Time: Wed, Dec. 6, 1-2:30 p.m.

Place: Douglass Community Center

Ages: 16 and over

Fee: \$2/person

Class size is limited, so register early.
Participants must bring a sweatshirt
with them.

